

Return to Nature by John Tudisca

My artwork can be found on Instagram at @jvtcreates.

If you would like a piece of art made for your home or business, or if you'd like to make a donation to a future series I can be contacted via jvtcreates@gmail.com

Thank you for being a part of this experience. I am hopeful that everybody found something in my messages that they can apply to their lives to help someone they may know that is suffering in silence. Negative thinking can truly affect the mind in a toxic manner in which you don't see yourself for who others see you as or better yet, your image of yourself may even be falsified or exaggerated. Life on the internet isn't everything as it seems but it sure is influential. We see filtered images & only what people choose to share. We feel certain ways about our bodies, bullying ourselves into thinking we aren't beautiful & worse, continuing to scroll through the negativity. You never know what someone is going through. You don't know what they have experienced. Everybody is different.

Watch your words & how you speak.

Read the energy around you.

If something's off, speak on it.

Do not sit in that energy, it will swallow you. Think better & rise above it.

You can do anything if you believe it to be so. I encourage everybody to do what they love & make the most of their lives. Experience all that you can & share your stories with friends & loved ones. Be open.

Dream freely, live freely & love freely.

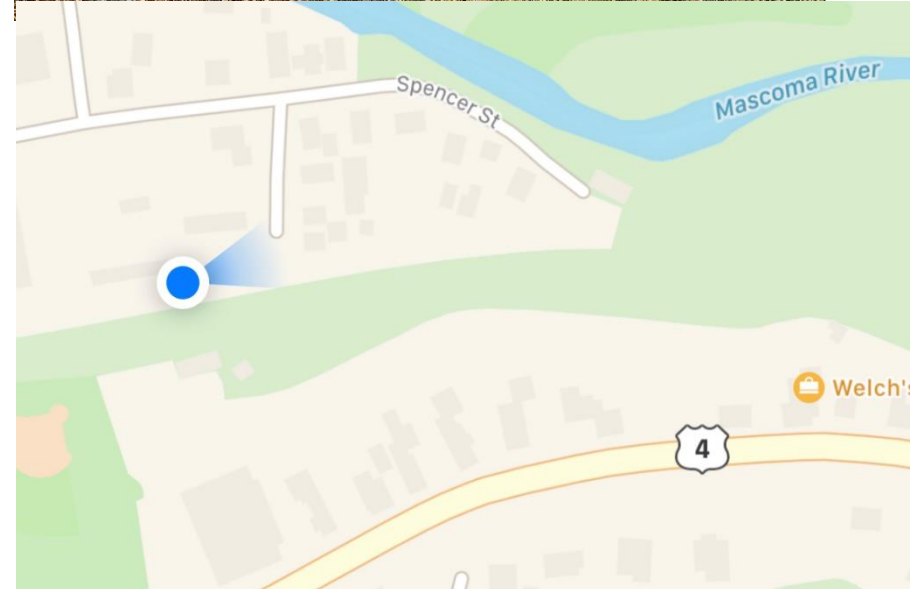
Be you because you're unlike anyone else.

Atlas

Canvas I (Suzor Court)

Explore this path & all that it offers here.
Keep the land clean & our rivers clear.
Remember to be alert & stay cautious.
Stay hydrated! Don't get exhausted!
But most importantly, have fun!
Enjoy nature & all that it offer us.

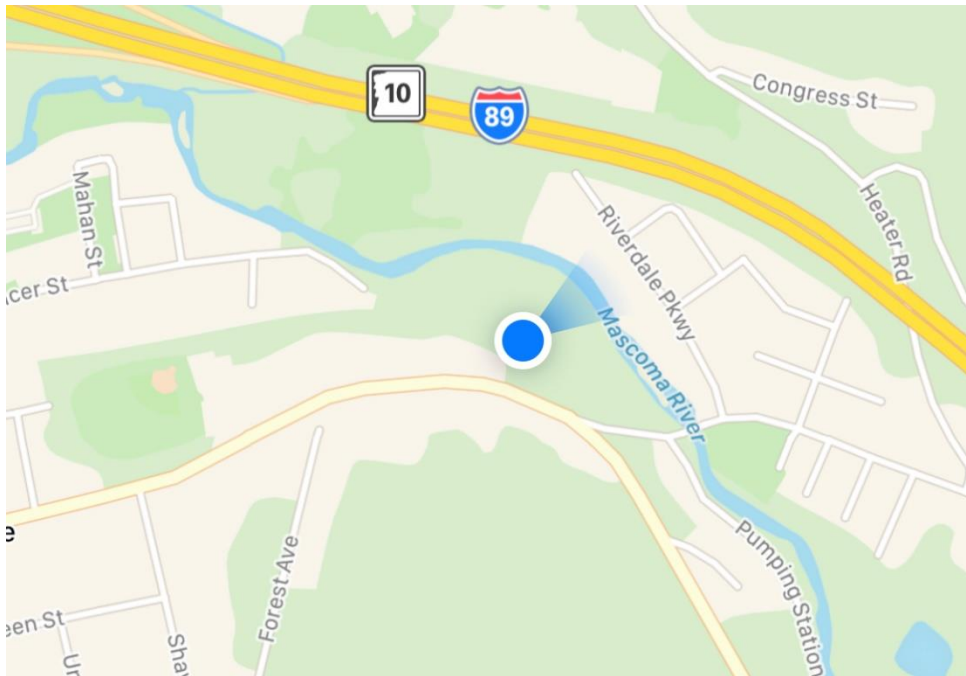
A chance to take a deep breath & reflect.
A chance to push the limits of our bodies.
A chance to escape a room or a mindset.
A chance to feel as free as the wind.
Like those who inhabit it, we grow with it.
So I ask you to explore & see all you can.
Be free like the wind & begin to feel lighter.
Stress & current upsets will fade as the endorphins
kick in. Your focus will shift on the adventure & the
feeling of being in this moment. Take your mind away
from any negative experiences you may have
encountered recently. Be here.



Soul

Canvas II (Bank St. Ext.)

One person's experience is not the same as another's experience even if they experienced the same experience as the other person. You never know what somebody is going through. Be kind.

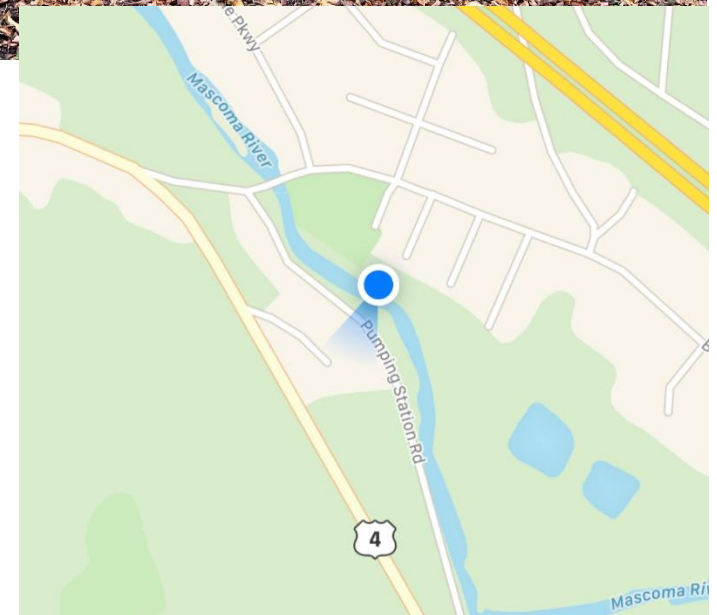


Heart

Canvas III (Pumping Station Rd)

Are you feeling the adrenaline?
Heart beating harder in rhythm.
Be mindful of your breathing.
Do what you love & love what you do.
Don't let a bad day turn to a bad month.
Don't let a bad month turn to a bad year.
Don't let a bad year turn to a bad decade.
Things will get better if you work towards it.

Existence is temporary, enjoy your time on
Earth while your heart is beating.



Mind

Canvas IV (Chandler Bridge)

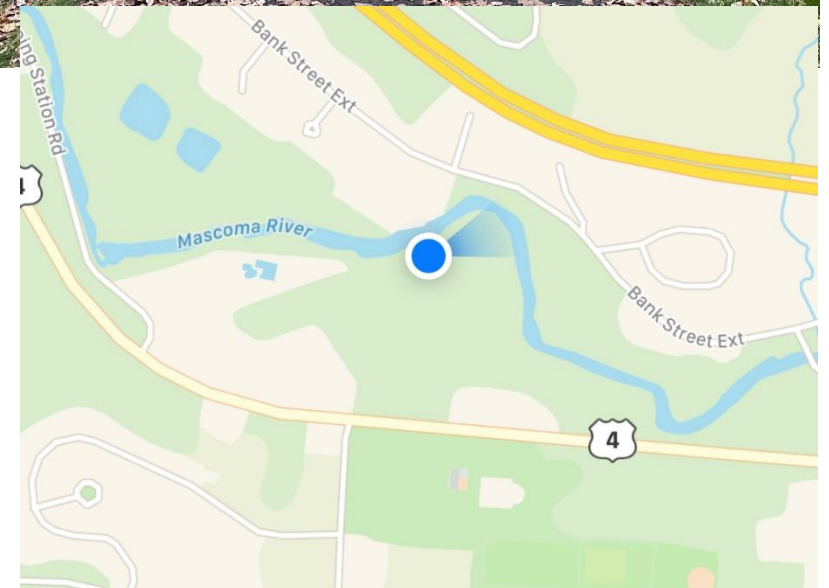
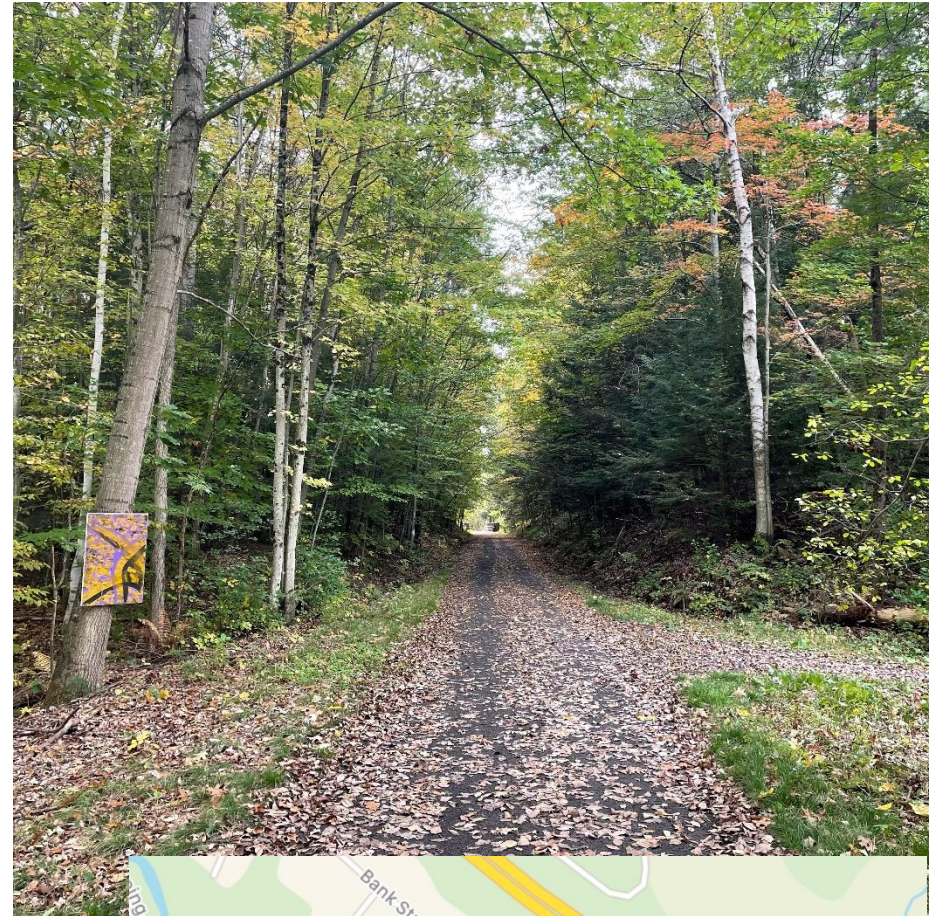
Life is short or life is long, it's a matter of perspective.

The power of the mind influences your life.
What you say to yourself is how you see yourself.

If we create our own reality, why aren't you talking nicer to yourself?

Give yourself compliments over undermining your potential. We all play a part of this beautiful experience known as life. Are you going to be good to yourself?

Think about what you say to yourself.
If you don't like it, say something else.
Know that only you can truly affect you.
Be a free thinker & rise above negativity.



Body

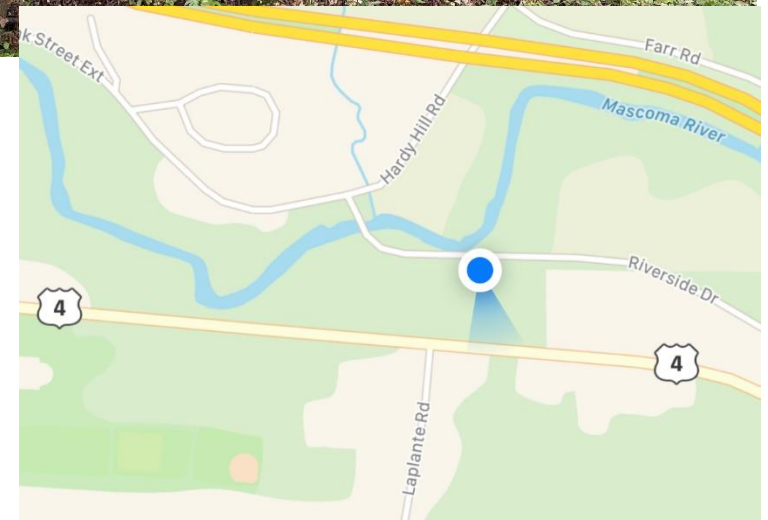
Canvas V (Riverside Drive)

Everybody is different.
Every body is different.

See yourself as someone else.
The same soul in a different body.
We breathe the same air.
Electric thoughts with blood pumping.
Our hearts beat & our lungs expand.
Though we are different, we are the same.
Living as skin, bone & blood
relying on air, food & water.

If we are not to judge a book by their cover, why shall
we judge a being by their appearance, pigmentation &
way of life?

Will we stand side by side again?
United as one.



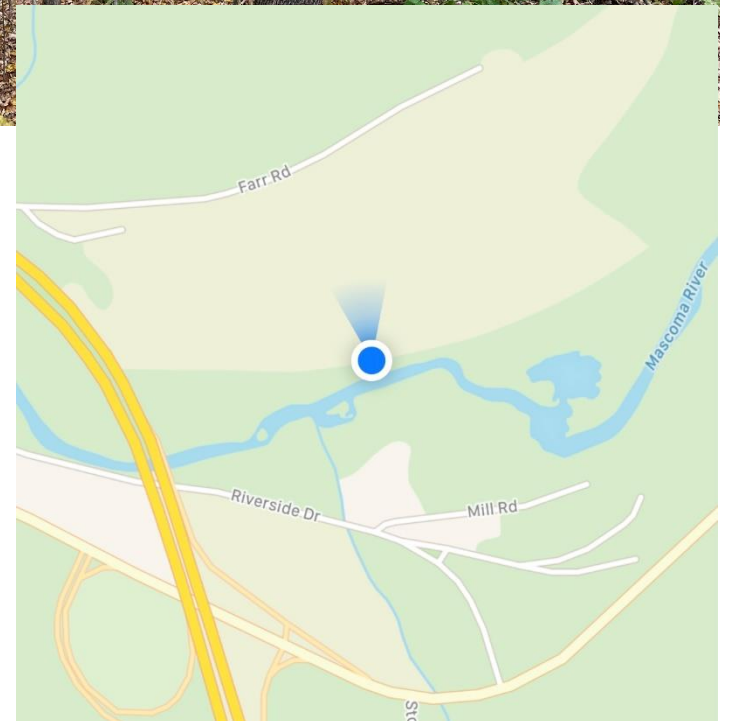
Spirit

Canvas VI (Bridge before 4A)

Everything happens for a reason.
We don't know what tomorrow will bring.
If you feel like something's off, go with it.
This is your intuition, your inner knowing.
You may hear a song lyric at the right moment
or see an animal that act as a source of
symbolism. These are signs.
Signs that you are following the right path.
No matter what detours you along the way,
you will always find your way back.

Keep your head up & look for a sign.
Think better thoughts & take action!
Feel yourself in the feelings of being your best self.
Follow the voice of the you you want to be & make
your impact.

Soar safely with confidence.



Ocean

Canvas VII (After 89 underpass)

We've made it to the end or is this the beginning of a new journey? As one door closes, a window pops open. Every missed opportunity is a chance to try again. Every disappoint is a way to reclaim strength.

Cycles can end if you get off the ride.

Our failures make us stronger as our experiences make us wiser. Allow your free will to let you dream as freely as this universe is infinite. Believe in yourself.

Life is magical if you believe it to be.

Life is beautiful if you believe it is so.

Speaking your thoughts into existence, a rushing feeling of renewal flows over you. Or that may just be the sweat from the adventure you were a part of, it's all about how you look at it. Yes, the sweat is dirty & salty but the effort, energy & drive to make it here is what is the sweet stuff. You've accomplished something. No matter how small or big on the scale of someone else's life: to you, your perception; be proud of yourself. Celebrate your victories.

No matter if you biked, ran, or walked.

We all got here to this point somehow.

Reflect on what you've seen & felt.

Remember how you got here.

Walk, run or bike with an attitude of gratitude. You are appreciated.

Celebrate your existence.

